

# What's on the Menu?

Rochester Community Schools

High School Menu

September 9-13, 2024

**Allergy Alert:** New Manufacturer  
Hamburger Buns, Hot Dog Buns,  
Sliced Bread and Hoagie Rolls  
CONTAIN WHEAT, SOY AND  
SESAME

A full student lunch includes a choice of entrée supplying protein and grain,  
2(1/2) Cup vegetable side dishes, 2 (1/2) Cup fruit side dishes, and a choice of 1% white or chocolate milk.  
A student must select a 1/2 cup serving of fruit or vegetable to make a complete meal or a la carte pricing will be applied.

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	<b>Available Daily: Favorite comfort foods and international flavors served your way</b>				
	Boneless Chicken Wings with Sweet Chili Sauce Vegetable Fried Rice Seasoned Carrots Vegetable Egg Roll Fortune Cookie	Taco Tuesday Turkey or Beef WG Soft Tacos or Nachos Queso Blanco Refried Beans Cilantro Brown Rice  Fresh Pico De Gallo Fresh Cilantro	Brunch for Lunch WG Pancakes w/ Syrup Fluffy Scrambled Eggs Hash Browns  Homemade Peach Crisp	Popcorn Chicken Bowl Mash Potato w/ Savory Gravy WG Breadstick  Seasoned Corn Shredded Cheddar  Green Onions	Enriched Macaroni and Cheese Bowl BBQ or Buffalo Diced Chicken WG Soft Pretzel Fresh Toppings Seasoned Broccoli Fresh Parsley
<b>grilled</b>	<b>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</b>				
	Nashville Chicken Sandwich WG Bun Potato Wedges	All Beef Hot Dog WG Bun Waffle Fries	Chicken Wings w/ Pretzel Tater Tots	Pizza Crunchers Sweet Potato Fries	Chicken Tenders w/ Breadstick Potato Smiles
<b>Q-mato</b>	<b>Available Daily: Classic Whole Grain Cheese Pizza</b>				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	BBQ Chicken Pizza	Pepperoni Pizza
<b>SO DELI ON THE GO</b>	<b>Available Daily: Sandwiches and Salads made fresh to go</b>				
	<b>Available Daily: Assorted meats, cheeses and other proteins; whole grain breads; lettuce, tomatoes and a choice of fresh vegetable toppings; and a variety of dressings to create your salad or sandwich</b>				
	Blueberry Yogurt Parfait with Homemade Granola	Blueberry Yogurt Parfait with Homemade Granola	Blueberry Yogurt Parfait with Homemade Granola	Blueberry Yogurt Parfait with Homemade Granola	Blueberry Yogurt Parfait with Homemade Granola
<b>extra. extra</b>	<b>Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items</b>				
	Corn and Black Bean Salad Cucumber Coins Baby Carrots Chilled Applesauce	Corn and Black Bean Salad Cucumber Coins Baby Carrots Chilled Applesauce	Romaine and Spinach Salad Celery Sticks Baby Carrots Fresh Fruit Salad	Romaine and Spinach Salad Red Pepper Strips Baby Carrots Chilled Pineapple	Romaine and Spinach Salad Red Pepper Strips Baby Carrots Chilled Pineapple



**Questions?** Food Service Office 248-726-4602  
Make Checks Payable to RCS Foodservice for a la carte items.  
**This institution is an equal opportunity employer.**



